



17/09/2021

## YLC E-Bulletin

Useful information, links and updates

**WF-I-CAN SLEEPTEMBER**

Are you an early bird or night owl?

Do you find going to sleep tricky?  
Or find waking up hard?

Do you start to think about things just before you go to sleep?

Wednesday 29th Sept  
4:15- 5:45 (Online)

Come along and meet Sara, our 'sleep expert' who will share top tips and answer your questions!

To book your place, visit:  
[www.wf-i-can.co.uk/sleeptember/](http://www.wf-i-can.co.uk/sleeptember/)

Free goodie bag for people attending!

For young people aged 11+

As part of:

### WF-I-Can SleepTember:

As part of the Sleep Charity's annual awareness campaign, we are offering a number of different things throughout September:

- Each week we will be publishing a new SleepTember challenge on WF-I-Can, please visit: [Challenge of the Day - WF-I-Can](#) and more sleep information and useful links at: [Sleep Matters - WF-I-Can](#)

- We are also holding a webinar that young people (11-19) are invited to attend

on Wednesday 29<sup>th</sup> September 4:15-5:45 PM. Come along and meet our 'sleep expert' Sara, who will be sharing top tips, how to overcome difficulties with sleep and answering your questions! Each participant will receive a free goodie bag!

Click here to book your place: [sleeptember - WF-I-Can](#)

If you would like to attend the webinar with the young person that you are booking for, please do feel free to join.

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**Children, Young People and Families Impact Survey and Position Statement**

**Please respond to this email if you are a Voluntary Community Enterprise Sector group working with children, young people and families.**

Dear colleague,

I write to you to ask for your co-operation in completing a **short** online survey concerning your organisation, its resources, role and reach at this point in time. You may well react with an '*oh no, not another one!*', but I cannot stress enough the importance of the information that we are trying to gather and the need for you to respond quickly.

We, at Young Lives, have designed this questionnaire to gather information about how your organisation makes a difference to the lives of children, young people and families within the Wakefield district. Young Lives recognises that this is a vital time for the sector to demonstrate its contribution to the lives of local children and young people, and in support of this, we will be using the information you provide us with to promote the social worth of your organisation and the VCSE to key decision makers in the District.

**THIS IS OUR SURVEY!**

The results will enable us to create evidenced-based offers to our partners to deliver quality services that result in positive outcomes for the children, young people and families we work with. We will be sharing the results at an event in the Autumn.

I attach a draft position statement that shows how we will use the information to take to partners. It's value will be strengthened if every group in our network makes a return. When we have gathered the information we shall ask for your commitment to the principles enshrined in the document.

Meantime, we ask you to access the survey at:

<https://forms.office.com/r/Vg7W1rr4V0> and respond by 26<sup>th</sup> September at the latest. It is short and should only take up to 10 minutes at most.

Thank you,

Young Lives Consortium

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# We're Hiring



Communications and Marketing Officer

Early Years Practitioner (L3)

Volunteer and Activities Co-ordinator

TO FIND OUT MORE PLEASE VISIT  
[WWW.STGEORGESLUPSET.ORG.UK](http://WWW.STGEORGESLUPSET.ORG.UK)  
OR RING 01924 369631



## WF-I CAN LEVEL UP!

Thursdays  
4-5 PM  
Starting  
Mid-  
October

Level Up! is a six week pilot programme delivered by Impact Gamers weekly to a small group of 8 participants (11-16 years).

"Teaching game making while helping young people build language and confidence in expressing emotional wellbeing."

- Introduce pupils to express their emotions
- Develop computational thinking
- Developing digital literacy
- Use creativity to understand and change the world.

To book, email: [info@ylc.org.uk](mailto:info@ylc.org.uk)



"Winner of the 2018 BAFTA Young Games Designer Mentor award we use this course to help students vocalise emotional need and use game language to aid new ways of them expressing their wellbeing."

It's not about the games made, but the lives changed."



# Fun Events for Your Wellbeing @ THE HUT

**Are you aged 16-24?**

**Do you work with Young People aged 16-24?**

Wakefield Council and partners will be delivering the following FREE sessions that aims to improve wellbeing and overall health.

The sessions will start on 11<sup>th</sup> October on Monday and Wednesdays, morning or afternoon.

Emotional Eating	Managing Anxiety & Worry	Body Image	Craft Based Activity
Indoor Circuit Class	Sports Session	Nutrition Session	Mindfulness
Outdoor Gym	Cooking Demo/Nutrition	Health Walks	Arts/Green Space

Simply email [youthsupporthub@wakefield.gov.uk](mailto:youthsupporthub@wakefield.gov.uk) to say you are interested in attending one of our FREE sessions or call 01977 722777.

Self referrals are welcome!!



*Please note: Professionals must have consent from the young person to book onto a session/s.*

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# Appletree Webtacular




## Come along to Appletree's Webtacular event!

**Where: Appletree Community Garden, WF1 SAE**  
follow the long drive way opposite Newland Street.  
**When: 29th October 1pm - 6pm**

**Featuring Local community artist and Author of children's book,  
The Graffiti Web, Claire Walker! She will be at the event to host an interactive  
story time, fun for all ages!**

**Take part in fun creative activities inspired by the creepy crawlies from the  
story**  
Rock painting, bookmark making, bug making, sensory walk throughs and you  
can even 'check in' at a bug hotel

As we approach the autumn dusk join us by the fire pit for soup and  
"marshmallows!"

FB: Appletree Community Garden  
Number: 07933 099445  
Email: [spectrumpeople@spectrum-cic.nhs.uk](mailto:spectrumpeople@spectrum-cic.nhs.uk)

Appletree Webtacular has been funded as part of Festival of the Earth, led by  
Wakefield Council from July to October 2021 across the Wakefield district  
#EarthFestWFD

\*to best accommodate our local community vegan marshmallows will be provided.







**BRING THE FAMILY!**

SAVE THE DATE

# Silver Sunday

The national day for older people

3 OCTOBER 2021




Join us on between  
**10am and 4pm** at  
**The Ridings, Wakefield**  
for a day of exciting  
activities and events!








**BRING A  
FRIEND!**

